



SMALL TOWN, BIG BEACH

For Immediate Release:

July 30, 2012

Contact:

Nicole Ard
Recreation Manager
nard@gulfshoresal.gov
(251) 968-1424

Bodenhamer Center introduces personal training program

Gulf Shores, Ala – July 30, 2012 – Beginning August 1, 2012, the David L. Bodenhamer Recreation Center will add to its already expansive list of amenities by offering personal training for the first time ever.

“This new service will allow us to take our community wellness initiative one step further by offering our patrons more options through our contemporary fitness curriculum,” said Recreation Manager, Nicole Ard. “Through our personal training program, patrons can expect to achieve their health and fitness goals successfully and in a shorter amount of time.”

Joining the Bodenhamer team will be certified personal trainers Adam Austin, Melissa Byrd and Shaun Claiborne. According to Ard, each personal trainer offers their own unique method of exercise and caters their guidance to the needs of each client.

“The great thing about this service is it will give our patrons one-on-one attention and help guide them towards their individual fitness goals,” said Ard.

The new service will be available to all Bodenhamer members, while non-members can purchase a \$5.00 daily pass and take advantage of the program, as well.

The David L. Bodenhamer Recreation Center is open 7 days a week and features a state-of-the-art fitness center, aerobics room, six lane, 25 yard pool and connecting deep well and AquaClimb® wall, full basketball court, indoor track, two racquetball courts, as well as, full service saunas and locker room facilities.

For more information about the David L. Bodenhamer Recreation Center call 251-968-1420 or visit gulfshoresal.gov.

###